

CREATE

FREE!

FREE COOKING CLASSES ON CREATING
DELICIOUS MEALS FROM SCRATCH



Wednesday, August 5, 2015 - 10:30 a.m. - 12:00 p.m.

Lehi Employment Center • 557 W. State St. • Lehi, Utah

Healthy Eating on a Budget

Guest Speaker: Kristi Strongo

*Nutrition Education Assistant
Utah State University - Extension*

**Learn how to eat healthy on a budget
and about healthy snacking.**

Delicious samples will be provided!

This material was funded by USDA's Supplemental Nutrition Assistance Program. Utah State University is an affirmative action/equal opportunity institution.

extension.usu.edu/foodsense



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Equal Opportunity Employer/Program

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